



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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JUNE SENIORS MORNING OUT TO FEATURE 'CYBER SENIORS' COMPUTER CLASSES

HICKORY -- Local Girl Scout Caitlin Sigmon will teach area seniors computer skills in classes she has organized for Seniors Morning Out. The Cyber Seniors classes will be held at libraries that are near the five Seniors Morning Out locations. The Cyber Seniors classes are a project Sigmon is doing for her Gold Award, the highest honor in Girl Scouting.



Seniors Morning Out is a free program offered to any Catawba County resident who is 60 or better. The program operates from 8:30 a.m. to 12:30 p.m. Monday through Thursday at five locations throughout the county. There are daily activities, plus a balanced, hot lunch. Bus transportation is provided for those who cannot drive. If you would like to participate in Seniors Morning Out, please contact the site supervisor at least 48 hours in advance. You may attend one or all of the programs offered.

Highlights at the West Hickory site, located at West Hickory Senior Center, are as follows: June 10, bingo and music by Sentimental Journey; June 18, Cyber Seniors at Southwest Library; June 22, Health Fair sponsored by Catawba Valley Medical Center, including several health screenings; June 23, Father's Day Cookout at Winkler's Gove Park with entertainment by Dale Little; Hurricane Preparedness program with Catawba County Weather. To reserve your spot, contact Lisa Adams at 828-323-8746.

Highlights from the East Hickory SMO, located at Highland United Methodist Church, are as follows: June 2, How to Make a Fishing Basket with Sally Thomas; June 3, Cornhole Challenge; June 15, Cyber Seniors with Caitlin Sigmon; June 23, Father's Day Celebration at Winkler's Park. For reservations, call Rita Pritchard at 828-320-5963.

Highlights from the Newton SMO, located at First Presbyterian Church of Newton, are as follows: June 1, "Patrol on Medicare Fraud and Abuse" with Diane Trainor, program specialist for Medicare; June 2, Shopping at Hamrick's and lunch at Cici's Pizza; June 3, Patriotic Sing-along with the Joymakers; June 11, Sing-along with David and Sylvia Byers; June 15, music by the Keller Family; June 16, Cyber Seniors at the Newton Library. To reserve your spot, call Robyn Curtis at 828-455-4133.

Highlights of the Claremont SMO, located at Bethlehem United Methodist Church, are: June 4, Indoor Beach Party with Volleyball and Cornhole games and sunshine smoothies; June 18, Cookout at Mt. Pleasant United Methodist Church with music by Sentimental Journey; June 22, "Family History Day: Share Your Story" and Ice Cream Social; June 25, Cyber Seniors at Claremont Library. If you would like to attend, call Wendy Thomas at 828-320-0434.

Highlights for the Maiden SMO, located at Maiden Community Center, are: June 1, Program on Parkinson's Disease by Tracy Paul with Catawba County Home Health Department; June 4, Visit Firefighters Museum for Fire Safety Class with David Pruett and Picnic Lunch; June 17, Cyber Seniors at Maiden Library; June 22, Program on Medicare Fraud with Diane Trainor; June 23, Bingo and music by Sentimental Journey band. To reserve your spot, call Loretta Hefner at 828-320-5966.

For more information about Seniors Morning Out, Meals on Wheels and related programs, go to our website at MealsOnWheelsofCatawbaCounty.org. For the latest updates, like our Facebook page at facebook.com/MealsonWheelsofCatawbaCounty. Volunteers willing to deliver Meals on Wheels are urgently needed. For more information about volunteering, call 828-695-5610.

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